

## Dances and rituals –

**Traditional dance** – animal in nature (men) graceful for women

**Rain Dance** –

**Ghost dance** –

**Grass dance** -

**Buffalo dance** –

**Hoop Dance** –

**Fancy Dance** –

**Stomp dance** –

**Sun Dance** –

**War dance** –

**Bear Dance** –

**Devils Dance** –

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**Superstitious** - a belief or practice resulting from ignorance, fear of the unknown, trust in magic or chance, or a false conception of causation : an irrational abject attitude of mind toward the [supernatural](#), nature, or God resulting from superstition : a notion maintained despite evidence to the contrary.

**Sweat lodge** – prayer, fasting, cleansing, visions,

**Healing rituals** – (crystals, stones, herbs, plants, medicine bags, medicine wheel, )

**Peace pipe** –

**Dream Catcher** – catches evil or bad dreams while you sleep.

**Totems** - a spirit being, a symbol of a clan, family or tribe. 9 animals as guides through life... - If you still need more help ask the Universe for a dream or a vision to see if anything comes up. Also ask the animal to show itself to you and pay attention to what you begin to see from all sources. One thing to remember is that you cannot choose your totem spirit, rather it chooses or has already chosen you. The Spirit chooses you and they decide to whom they will reveal themselves.